

On Nov 25, 2013, at 5:45 AM, Rochelle Dewdney wrote:

Hi Nicky,

My husband has developed arthritis in his toes (very painful, and starting to affect the way he walks). Can you suggest some asanas (or variations of) that I can do with him that would help?

Rochelle

Dear Rochelle,

I am sorry to hear about the arthritis in the toes of your husband and his pain.

The best asanas are Bhumi Namaska, the Gravity Drop and all the standing postures, but he will also greatly help himself if he alkalinises his blood stream and gets rid of the arthritis. Do you have Elaine Hollingworth's book Take Control of Your Health and escape the sickness Industry? She covers arthritis thoroughly.

We do have it in our shop.

The main thing is to stay off acid forming substances. Fruit and Salads are good for us. Coffee, Wine, Alcohol, and everything cooked is acid forming. When you think of it even negative thoughts, certain types of music (sound) and colours (black) can be acid forming.

When I taught in Auckland I had a lady of 70 in my classes and she had suffered with crippling arthritis since she was in her 20s. She was eating meat three times a day. I suggested to her to cut down, start with once a day, in the end she got rid of all her pains by becoming a vegetarian and said why did I not know this when I was in my 20s? You know in the early 70s in New Zealand many people were eating meat three times a day.

Best Wishes to your husband, he will be rid of his pains if he does the right things

Nicky
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